

Black-eyed Chicken

Serves: 6 people

Preparation Time: 30 minutes to prepare, 4 hours to chill

Ingredients:

- ♣ 16 oz. can black-eyed peas, rinsed and drained
- ♣ 2 cups cooked chicken breast, chopped
- ♣ 1 cup diced celery
- ♣ 1 cup red bell pepper
- ♣ 1 cup green bell pepper
- ♣ 1/2 cup sliced green onion
- ♣ 1/2 cup fresh cilantro
- ♣ 3 Tbsp. fat-free Italian salad dressing
- ♣ 2 Tbsp. Dijon mustard
- ♣ 6 cups lettuce leaves

Directions:

Combine all ingredients except lettuce in a bowl. Stir well. Cover and chill for 4 hours. Serve on lettuce leaves.

Cups of Fruits and Vegetables Per Person: 1

Nutrition:

Nutrition Facts	
Black-eyed Chicken	
Serving Size 1/6 of recipe	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value (DV)*	
Total Fat 3g	4%
Saturated Fat 1g	3%
Cholesterol 40mg	13%
Sodium 430mg	18%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 20g	
Vitamin A	90%
Vitamin C	140%
Calcium	6%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 0
Vegetables: 1
Meat: 2
Milk: 0
Fat: 0
Carbs: 1
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

*recipe from www.fruitsandveggiesmatter.gov